

Messages for Facebook and Twitter

Facebook

High blood pressure and cholesterol are out of control in the US. 68 million American adults have high blood pressure. Half do not have it under control.

High blood pressure and cholesterol are out of control in the US. 71 million American adults have high cholesterol. 2 in 3 do not have it under control.

Cardiovascular diseases kill more than 800,000 adults in the US each year. Of these, 150,000 are younger than age 65.

60% of adults under 40 have at least 1 risk factor for cardiovascular disease. This age group also has the lowest rates of screening, treatment, and control for high blood pressure and high cholesterol.

Salt in the diet raises blood pressure, and 9 out of 10 Americans eat more than the recommended daily limit. The vast majority of the salt consumed — nearly 80 percent — is already in the processed and restaurant foods we eat. Changes in our food systems can have a huge impact.

Tweets

Every 39 seconds another person dies from heart attack or stroke.

High blood pressure and cholesterol are out of control in the US.

1 in 3 Americans has high blood pressure, and many of them don't know it.

High blood pressure is a leading cause of heart attack and stroke.

Eating too much salt increases your blood pressure.

You had a turkey sandwich today. Do you know how much salt was in it?

Many foods that are high in salt don't even taste salty.

Make a date with your doctor to talk about your heart health.

Ask your grocer for lower salt choices where you shop.

Ask your favorite restaurant for lower salt choices where you eat.

Learn about the foods that add salt/sodium to your diet--many may be surprising.